Name: _____ Date: _____

VOICES PRE-INTERMEDIATE

UNIT 9 Assessment

VOCABULARY

1 Match the beginnings of the sentences (1–5) with the endings (a–e).

1 If you have a	**a** putting on weight, eat less sugar.
2 If you feel	**b** high fever, you should stay in bed.
3 If you want to prevent	**c** exercise regularly, you will stay fit.
4 If you take	**d** sunstroke, drink lots of water.
5 If you get	**e** tired, you should take a break.

SCORE: _____ /5

2 Choose the correct options to complete the text.

A bad accident

Last November, my friend [1]*had / took / prevented* a serious accident when she fell down the stairs. She broke her leg in three places and spent about a month in hospital. Now she's back at home, but her leg still hurts a lot. Her doctors advised her to [2]*stay / feel / take* regular, gentle exercise, so we always go for a walk together every morning before work. It has been difficult for her, because she used to be a very good runner and she likes to [3]*have / stay / prevent* in shape, but at the moment she can't walk for more than half an hour before she starts to [4]*feel / stay / take* very tired. She knows that she has to be careful for the next few months until her leg [5]*takes / gets / prevents* better, but she feels it improving every day and is still hoping to take part in a 10k race in the summer.

SCORE: _____ /5

GRAMMAR

3 Complete the second conditional sentences with the correct form of the verbs in brackets.

1 If we _____ (have) a million dollars, we _____ (buy) our own island!

2 You _____ (get) better quicker if you _____ (take) your medicine.

3 If she _____ (not / study) so much, she _____ (not / be) so successful.

4 He _____ (feel) better if he _____ (go) to bed earlier.

5 If I _____ (be) you, I _____ (see) a doctor.

SCORE: _____ /5

4 Complete the sentences with these words.

don't have to must mustn't
should shouldn't

1 If you want to lose weight, you _____ have so many sugary drinks.

2 Students _____ use their phones in the library. It's against the school rules.

3 You _____ take your umbrella – it might rain later.

4 All cyclists who are taking part in this race _____ wear helmets.

5 I _____ get up early tomorrow – it's the weekend!

SCORE: _____ /5

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LIVEWORKSHEETS

READING

Nature heals

Life can be stressful. Many people spend hours every day staring at a screen – for work, for study and also for entertainment. Our use of technology means that around the world the amount of time people spend time outside is decreasing. And yet, spending time in nature, whether it's a short walk by yourself through a city park or a whole day mountain biking with friends, is one of the cheapest and most effective ways of improving our physical health and helping us to feel happier and less anxious.

In fact, although getting outside is really important, we don't always have to leave our house to experience some of the benefits of nature. Having plants and flowers in our home, listening to birdsong, caring for pets and even just looking at nature through a window can help us to feel calmer and more positive.

Spending time in nature can also help with our ability to think and understand information. In one experiment, researchers gave students a long and boring task. They then asked some of these students to stop doing their task for forty seconds and look at a roof that was covered in plants, while other students looked at a plain roof with no plants. When the first group of students returned to their task, they made fewer mistakes than the other students.

And finally, nature also seems to affect our behaviour. Research has shown that people are kinder and think more about other people when they watch videos about nature or spend time outside. So, what are you waiting for? Why don't you switch off your computer and take a break outside!

5 Read the text. For each question, choose the correct answer.

1 We are spending less time in nature because …

a there are fewer green spaces.

b we spend more time using technology.

c we can see nature on our screens.

2 Looking after animals and hearing the sounds of wildlife are examples of …

a ways we can experience nature inside our home.

b reasons to go outside and experience nature.

c the most positive ways to experience nature.

3 In the experiment, some students …

a made fewer mistakes because they took longer breaks.

b made fewer mistakes because they looked at a view that showed nature.

c made fewer mistakes because they stayed inside during their break.

4 According to research, …

a people who are kind to others are more interested in nature.

b people spend more time with others when they are outside.

c spending time in nature makes people kinder.

5 The article provides a supporting example to prove that …

a looking at nature can help us do tasks better.

b looking at nature can make us feel happier.

c looking at nature can be as positive as spending time outside.

SCORE: _____ /5

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6 Read the text again. Are the statements true, false or not given?

1 According to the text, mountain biking has more benefits than taking short walks.
True False Not given

2 You can feel some of the positive effects from nature even when you're at home.
True False Not given

3 The experiment shows that experiencing nature helps us to use our brains better.
True False Not given

4 People who spend time outside are kinder than people who watch videos of nature
True False Not given

5 The text's main message is that technology can help us to understand nature better.
True False Not given

SCORE: _____ /5

LISTENING

7 9.1 Listen to the conversations and choose the correct answer.

1 You will hear a man talking about how he feels. What is his problem?

a He feels sick.

b He has stomach ache.

c He has a fever.

2 You will hear a woman and a man talking about how they relax. Which form of relaxation does the woman prefer?

a listening to music

b meeting friends

c reading a good book

3 You will hear a woman talking about her foot. How did she hurt it?

a She burnt it with hot coffee.

b She fell over her cat.

c She cut it on a broken mug.

4 You will hear a man talking about how he keeps fit. What exercise does he do at the weekend?

a He goes to the gym.

b He plays badminton.

c He goes cycling.

5 You will hear a woman talking about sleep. Why can't she sleep at the moment?

a Her work is stressful.

b Her flatmate is noisy.

c Her back hurts.

SCORE: _____ /5

8 9.1 Listen again. Are the statements true or false?

1 The man decides to call a doctor. True False

2 The man likes to be with friends when he feels stressed. True False

3 The woman's cat moved while she was having a hot drink. True False

4 The man keeps his bike in his apartment. True False

5 The woman's flatmate has some headphones. True False

SCORE: _____ /5

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WRITING

9 Your friend José has suggested you try keeping an online diary. He has written the following ideas to help you.

> What makes you happy? How do you stay positive?
>
> Think of five things that make you feel happy in your daily life and write a post about them.

Write about 100 words.

SCORE: _____ /10

TOTAL MARKS, ALL SECTIONS: _____ /50

END OF TEST

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